

# Adults

## Arts/Dance/Enrichment

### Ballet for Adults ♥

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Ages 13+

#### Beginner - Intermediate

No class 11/22 & 11/29

22643	Th	Sep 27-Dec 6	7:45 pm-9 pm	\$68/\$79
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#### Advanced

No class 11/27

22641	Tu	Sep 25-Dec 4	6:30 pm-7:45 pm	\$75/\$89
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#### Advanced

No class 11/22 & 11/29

22642	Th	Sep 27-Dec 6	6:30 pm-7:45 pm	\$68/\$79
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Location: Rockcrest Ballet Ctr./Mangan

### Ballroom Dance ♥

Even if you think you have 'two left feet' come join us. Have fun and be surprised at what you can learn! We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only.

Age: 16+

#### Beginner

22658	W	Sep 19-Nov 7	7:30 pm-8:30 pm	\$92/\$104
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Location: Ritchie Park ES/Mola

#### Beginner

No class 10/18, 11/15, & 11/22

23115	Th	Sep 27-Dec 6	7:30 pm-8:30 pm	\$92/\$104
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Location: Lakewood ES/Mola

#### Intermediate

Beginner ballroom dance experience.

22659	W	Sep 19-Nov 7	8:30 pm-9:30 pm	\$92/\$104
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Location: Ritchie Park ES/Mola

### Belly Dancing (Mid-Eastern) ♥

Learn an exciting and ancient dance. This art form incorporates movements from folk, social, and classical traditions of Middle Eastern cultures. Wear exercise apparel, bring a scarf for tying around your hips, and ballet slippers or dance in bare feet. Students enrolled in Advanced Beginner must have completed the Beginner course.

No class 11/5

#### Beginner

Age: 14+

22661	M	Sep 17-Dec 10	7 pm-8 pm	\$89/\$105
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Location: Twinbrook CRC/Amara

#### Beginner

Age: 16+

22663	Tu	Oct 2-Dec 4	8:30 pm-9:30 pm	\$75/\$85
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Location: Rockville Sr. Ctr./Basane

No class 11/6

#### Beginner

Age: 16+

22664	Tu	Oct 2-Dec 4	12 pm-1 pm	\$67/\$79
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Location: Twinbrook CRC/Basane

No class 11/5

#### Advanced Beginner

Age: 14+

22662	M	Sep 17-Dec 10	8:05 pm-9:05 pm	\$89/\$105
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Location: Twinbrook CRC/Amara

#### Advanced Beginner

Age: 16+

22665	Tu	Oct 2-Dec 4	7:30 pm-8:30 pm	\$75/\$85
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Location: Rockville Sr. Ctr./Basane

### Conversational Spanish I

Beginner class for students who have a basic vocabulary, command of grammar, and are beginning to use that knowledge for conversation. Topics will be assigned each week while building on vocabulary, grammar, and expressions.

Age: 16+

22669	W	Sep 19-Nov 7	7 pm-9 pm	\$79/\$93
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Location: Rockville Sr. Ctr./Cuesta

# Adults

## Cooking - Knife Skills

Learn the proper way to hold, sharpen and care for your knives. Discuss different types of knives and tasks on which they work best. Learn basic French cuts from fine brunois to large dice and how to break down a whole chicken. Note: Bringing own knife is optional but encouraged. Participation class. \$5 food fee payable to instructor. Refund requests considered only if received 4 or more days prior to class.

Age: 18+  
22717 F Sep 14 7 pm-10 pm \$45/\$50  
Location: Rockville Sr. Ctr./Ferguson

## Cooking - Sushi Party

Sushi is not as hard as it looks. Impress your next cocktail party guests with a tray of fresh homemade sushi. Learn how to purchase sushi fish and other ingredients. Make rice, maki (rolls) and nigiri (traditional sushi). Participation class. \$10 food fee payable to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Age: 16+  
23110 F Oct 12 7 pm-10 pm \$50/\$59  
Location: Rockville Sr. Ctr./Ferguson

## Cooking - Perfect Turkey

Is it your turn to host Thanksgiving this year? Learn to make the perfect turkey. We'll make apple stuffing, cranberry confiture, and assorted roasted root vegetables to go with it. Come with your questions and leave with the answers to make your holiday dinner perfect. This is a demo class. \$5 food fee due to instructor at class. Refund requests only considered if received 4 or more days prior to class.

Age: 15+  
23106 F Nov 16 7 pm-10 pm \$50/\$59  
Location: Rockville Sr. Ctr./Ferguson

## Home Buying Seminars

Learn valuable information that can help you prepare for buying a home from the professionals. Seminar includes evaluating your credit and qualifying for a loan; selecting a realtor; determining price, area and housing needs; what to look for when searching for homes; and what to expect from contract to closing. Seminars offered in English and Spanish.

All Ages				
23009	Sa	Sep 8	9 am-10:30 am	Free
23012	Sa	Sep 8	11 am-12:30 pm	Free
23010	Tu	Sep 11	7:30 pm-9 pm	Free
23011	Th	Sep 13	7:30 pm-9 pm	Free
Location: Twinbrook CRC				

## Conversational Spanish II

Continuation of basic Spanish will offer an opportunity to further enhance your skills. Emphasis on pronunciation and comprehension, using simple topics to give you command of idioms and vocabulary.

Age: 16+  
22670 M Sep 24-Oct 29 7 pm-9 pm \$59/\$69  
Location: Rockville Sr. Ctr./Cuesta



## Cybereducation

At your own pace and from the comfort of your own home, read lessons, participate in tutorials, hold interactive discussions with the instructor and

your fellow students in the online classroom. Each class is self-paced and open 24 hours per day. Note: Course requirements include: Internet access and intermediate pc skills. Remember to include your e-mail address with your registration. For more information, visit [www.gsinet.org](http://www.gsinet.org).

### 'The Law of Attraction'

You're already experiencing the 'Law of Attraction' with jobs, money, relationships and happiness in your life. Learn the 'Secret' of how to stop attracting things you don't want and start attracting things you do want. The instructor will coach you through the steps of directing your thoughts to bring energy, joy and prosperity into your life.

Age: 18+  
22727 Tu Sep 25-Oct 30 9 am-10 am \$79/\$89  
Fugere

## Dogs - Reinforcing the Positive

Train your dog with treats, play, and praise. Learn responsible dog ownership and basic skills for you and your dog. All training done on leash. Dogs must be dog and people friendly and vaccinations must be current. Call weather line at 240-314-5023 for class status.

No class 9/22  
Age: 6 mo+  
22677 Sa Sep 15-Oct. 27 9 am-10 am \$42/\$49  
Location: Rockville Sr. Ctr./Zicht

Fee = Resident/Non-Resident

# Adults

## EFT: For Stress and Pain Relief ♥

Emotional Freedom Tapping (EFT) is an acupressure technique that can alleviate most aches and pains, fears, anxieties, cravings, and many other distressing conditions. It can improve job performance, athletic ability and more. EFT involves no drugs or equipment, has long lasting effects and benefits most people.

Age: 18+  
23063 Tu Oct 16 7 pm-9 pm \$49/\$54  
Location: Rockville Sr. Ctr./Groves

## Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Age: 18+  
23064 Tu Nov 13 6:30 pm-9 pm \$19/\$22  
Location: Rockville Sr. Ctr.

## Guitar

Learn how to care for your instrument, tune a guitar, names of the strings, notes on the fret board, how to play major and minor chords, and some seventh chords. Proper picking techniques and different ways of strumming will be covered. Bring fully strung guitar (preferably acoustic), A-440 tuning fork, pencil and paper.

Age: 16+  
22678 Tu Sep 25-Nov 13 8 pm-9 pm \$86/\$99  
Location: Rockville Sr. Ctr./Hayton

## Hip-Hop Dance ♥

Hip-Hop dancing is not just for the very young. Adults can benefit from an aerobic workout while learning the latest dance moves and listening to the sounds of the street. Wear loose fitting clothing and tennis shoes.

No class 10/15

Age: 14+  
22680 M Sep 24-Nov 5 7:30 pm-8:30 pm \$42/\$49  
Location: Lincoln Park CRC/Tinoco-Liuvemas

## Home Ownership 101

This class will provide potential buyers with the necessary tools to understand and feel empowered during the home buying process. The main focus will be on searching for a home while working with an agent and home financing.

All Ages  
23120 M Oct 1 7 pm-10 pm \$24/\$29  
Location: Rockville Sr. Ctr./TBA

## Knitting - Circle

A great craft and stress reliever. Join us for this easy to learn activity and get creative! Beginners will learn to knit, purl, cast on and bind off. Continuing students will perfect their skills and learn new ones. Supply list for beginner participants will be mailed one week prior to class. No class 10/1.

Age: 16+  
**Beginner**  
22682 M Sep 24-Nov 5 6:30 pm-8 pm \$42/\$48  
**Intermediate**  
22683 M Sep 24-Oct 29 6:30 pm-8 pm \$42/\$48  
Location: Rockville Sr. Ctr./Bahr

## Line Dancing for All ♥

Join in the fun and get some exercise too! All levels welcome. Start with the basics and add steps and combinations as you go, including the Cha-Cha and the Electric Slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Note: Soft-soled shoes required. No sneakers.

Age: 16+  
22684 M Sep 24-Nov 12 7 pm-8 pm \$52/\$60  
Location: Ritchie Park ES/Cunningham

## Pet First Aid - Be Prepared

Be prepared to take care of your dog or cat in an emergency until professional help is obtained. Learn emergency first aid, wound and shock care, and how to prepare a first aid kit. No pets allowed.

Age: 18+  
22719 Th Nov 1 7 pm-8:30 am \$4/\$5  
Location: Rockville Sr. Ctr./Becker - Van Dam

# Adults

## Photo Organizing Made Easy

Are your photos stored in unlabelled shoeboxes and shopping bags? Learn a quick and easy strategy for organizing them! This is NOT a scrap booking class! Participants will spend most of the time organizing photos under the help and guidance of the instructor. Note: Fee includes cost of a large photos safe box, 12 dividers, photo safe pencil and written guidelines. Cost of materials is nonrefundable.

Age: 16+  
23065 Th Oct. 25 7-9 pm \$49/\$56  
Location: Rockville Sr. Ctr.

## Pottery - Introduction to Clay

Plunge your hands in clay. Explore slab, coil and other techniques of hand building. Learn how to use the potter's wheel. Incorporate your interests in the piece or pieces that you create. \$25 supply fee payable to City of Rockville at first class.

No class 11/10.  
Age: 15+  
22693 Sa Sep 29-Nov 17 9:30 am-11:30 am \$84/\$99  
Location: Rockville Sr. Ctr./Nicholson

## Quilting - Beginner

Is your sewing machine screaming out for a new project? Create a lovely pillow or small quilt using a simple four patch block. Learn the basics of piecing, quilting, and binding. Machine piecing will be demonstrated. Homework is an important component of this course. Bring your sewing machine to classes 2-5. Students may purchase a small quilt kit (\$25) at first class or bring their own materials.

Age: 13+  
22616 Tu Oct 2-30 7 pm-9 pm \$69/\$81  
Location: Rockville Sr. Ctr./Taylor

## Reducing Seasonal Allergies ♥

Your susceptibility to seasonal allergies can be related to lifestyle and diet. Discover which foods compromise your immune system and make you more allergic to common substances like pollen, dust, molds, animal dander, etc. Find out about foods, herbs, homeopathy and supplements that naturally reduce allergy symptoms without side-effects.

Age: 18+  
23119 Tu Sep 25 7 pm-9 pm \$37/\$41  
Location: Rockville Sr. Ctr.

## Salsa

Dance to the rhythms of this hot Latin dance craze. This fast paced dance is suitable for both the night club and ballroom dancing. This beginner class will move through intermediate level steps. Class and fee is for couples only.

No class 10/18, 11/15, & 11/22  
Age: 18+  
22569 Th Sep 27-Dec 6 8:30 pm-9:30 pm \$92/\$104  
Location: Lakewood ES/Mola

## To Life

Are you needing a little pick-me-up? Do you want to be surprised by some part of yourself? Be adventurous through creative expression and small group process. Using drumming, an easy writing exercise and exploratory discussion, you can live life more fully as you come to experience and understand yourself in ways you have not before. Sign up for one or more sessions.

Age: 18+  
22829 Sa Sep 29 10 am-12:30 pm \$69/\$79  
22830 Sa Oct 20 10 am-12:30 pm \$69/\$79  
22831 Sa Nov 17 10 am-12:30 pm \$69/\$79  
22832 Sa Dec 15 10 am-12:30 pm \$69/\$79  
Location: Rockville Sr. Ctr./Levine

## Watercolor - Continuing

Watercolor instruction for students with previous experience or who have taken Watercolor #22709. Try a variety of approaches and subject matter while exploring experimental and traditional techniques. Bring your own supplies.

Age: 16+  
22708 M Oct 1-Nov 5 7 pm-9 pm \$63/\$74  
Location: Rockville Sr. Ctr./Tetlow

## Watercolor - Ready, Set, Go

Try your hand at painting in this medium. Learn basic techniques, color mixing, and brushwork. All supplies included in fee. You may register for Watercolor - Continuing #22708 if you register and attend this introductory class.

Age: 16+  
22709 Sa Sep 29 10 am-12 pm \$25/\$29  
Location: Rockville Sr. Ctr./Tetlow



# Adults



## Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is geared for beginning and intermediate students. Approximately 8 to 10 representative wines will be featured for tasting and comments, along with breads and cheeses. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award winning winery in Frederick County. Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 48 hours prior to each workshop to receive a refund.

### Wines of New York

Learn about one of the largest wine producing states in the US. We will discuss the Finger Lakes, Hudson River Valley and Long Island wine regions. The history of winemaking in this region will also be covered.

Age: 21+  
23066 Th Oct 11 7:30 pm-9:30 pm \$28/\$32

### Holiday Wines

Focus is on a variety of wines that are suitable for entertaining and enjoyment around the holidays.

23067 Th Nov 8 7:30 pm-9:30 pm \$28/\$32  
Location: Glenview Mansion/Cecil

## Zumba Dance for Fitness ♥

Perfect your dance moves and break a sweat with this fun approach to fitness. A latin influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great!

No class 11/10  
Age: 14+  
22835 Sa Sep 29-Dec 8 10:15 am-11:15 am \$79/\$89  
Location: Rockville Sr. Ctr./Lu

♥ = Step Up To Health Program

## Fitness & Wellness

Register for any three of the following classes (Combo Step Aerobics, REP Reebok and Step Aerobics) and receive a \$7 discount. Register by mail, fax or in-person.

### Step Aerobics ♥

For that extra fitness push, join us in a low-impact, cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. Recommended for Intermediate and Advanced levels. No class 10/9.

Age: 15+  
22793 Tu Sep 4-Dec 18 5:30 pm-6:15 pm \$86/\$99  
Location: Rockville Sr. Ctr./Quintiere

### Combo Step Aerobics ♥

Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Bring weights and a towel or mat to class.

No class 9/22, 11/10  
Age: 15+  
22748 Sa Sep 8-Dec 15 9 am-10 am \$74/\$87  
Location: Rockville Sr. Ctr./Rourke

### REP Reebok ♥

Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights used. Steps provided.

No class 9/13 & 11/22  
Age: 15+  
22778 Th Sep 6-Dec 20 6:15 pm-7:15 pm \$81/\$96  
No class 10/9  
22779 Tu Sep 4-Dec 18 6:20 pm-7:20 pm \$86/\$99  
Location: Rockville Sr. Ctr./Quintiere



# Adults

## Climbing for Adults - Beginner ♥

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Age: 18+				
22982	M	Sep 24	7 pm-9 pm	\$20/\$25
22983	M	Oct 22	7 pm-9 pm	\$20/\$25
22984	M	Nov 26	7 pm-9 pm	\$20/\$25
Location: Climbing Gym				

## Create a Cleansing Diet ♥

This is part one is a series of classes that educate you on how to detoxify your body, strengthen your immune system, choose naturally cleansing foods and herbs, and prevent disease. Topics covered in part one: how we absorb toxins; ways to avoid them; how toxins harm us; inflammatory and toxic foods that set us up for disease; beneficial, cleansing foods; and the sound economics of eating organic foods.

Age: 18+				
23069	Tu	Oct 9	7 pm-9 pm	\$34/\$39
Location: Rockville Sr. Ctr./Groves				

## Golf - Beginner ♥

Get into the swing of golf . . . learn proper swing mechanics, golf etiquette and rules. First class held rain or shine. Those owning clubs should bring them. Clubs are provided during class, if needed (Pro Shop, 240-314-8730.) Call weather line at 240-314-5023 for status of class.

Rain Date: 10/17				
Age: 15+				
22762	W	Sep 12-Oct 10	5:30 pm-6:30 pm	\$60/\$70
Location: RedGate Golf Course/Johnson				

No class 9/22

Rain Date: 10/20

Age: 16+				
22763	Sa	Sep 8-Oct 13	1:30 pm-2:30 pm	\$60/\$70
Location: RedGate Golf Course/Shih				

## Food for Life Cooking Class

### Nutrition and Cooking Class Series for Cancer Prevention and Survival

This 3-course series covers a variety of cancer-related nutrition topics and demonstrates how to prepare full meals while replacing meat, boosting your immune system, and maintaining a healthy weight. Offered through Cancer Project Organization and are open to cancer survivors, friends, family, and anyone interested in cancer prevention and general healthy eating.



Age: 18+

### Replacing Meat

People who avoid meat are much less likely to develop cancer. This is partly due to the high fat and fiber-free characteristics of meat compared to plant foods, but also, as meats are cooked, cancer-causing chemicals, called heterocyclic amines, tend to form within the meat tissue. Learn about and taste a variety of vegetarian sources of protein, which are low in fat, high in fiber, and loaded with cancer-fighting nutrients.

23096	Th	Sep 6	7 pm-8:30 pm	Free
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### Immune-Boosting Foods

The immune system is critically important in fighting cancer. If your immune system is vigilant, it recognizes and destroys cancer cells before they can take hold. Explore foods that are rich in immune-boosting nutrients such as beta-carotene, vitamin C, and zinc. Vegetarians have approximately double the natural killer cell activity (natural killer cells engulf and destroy cancer cells) compared with non-vegetarians.

23107	Th	Oct 4	7 pm-8:30 pm	Free
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### Maintaining a Healthy Weight

Healthy weight control is essential for warding off a variety of chronic diseases, and studies have shown that slimmer people are even less likely to develop cancer. In addition, trimming excess weight may also improve survival after cancer has been diagnosed. Discuss and demonstrate filling fiber- and nutrient-rich dishes that will help you maintain a healthy weight.

23108	Th	Nov 1	7 pm-8:30 pm	Free
Location: Rockville Sr. Ctr.				

# Adult

## Health Fair Flu Shots & Screenings ♥

Come to the 2nd Annual Fall Fest Community Health Fair at Twinbrook Recreation Center on Saturday, November 3 and get a little healthier. Shady Grove Adventist will offer flu shots, lipid profiling and glucose screening. Please note the importance of fasting for 12 hours for the lipid profiling and glucose screening for the most accurate results.

### Lipid Profile

Lipid profile is a blood test that includes total cholesterol, HDL, LDL, triglycerides, and cholesterol, HDL ratios. Twelve hours of fasting is recommended for accurate results. Once you register, the City of Rockville will contact you to set up an appointment time for your convenience. Register by 10/30.

Age: 18+  
23116 Sa Nov 3 11 am-2 pm \$35/\$38

### Glucose Screening

Glucose (fasting blood sugar) is a basic screening for diabetes. Twelve hours of fasting is recommended for accurate results. Once you register, the City of Rockville will contact you to set up an appointment time for your convenience. Register by 10/30.

23117 Sa Nov 3 11 am-2 pm \$10/\$12  
Location: Twinbrook CRC

## Jazzercise ♥

The original dance exercise phenomenon! Each 60 minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Routines are fun and easy to follow. Bring weights and a mat.

Age: 16+  
22764 M Sep 17-Dec 10 6:30 pm-7:30 pm \$78/\$91  
22765 W Sep 19-Dec 12 6:30 pm-7:30 pm \$78/\$91  
Location: Julius West MS/Shen

## Kick Boxing ♥

This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout.

Age: 14+  
22772 M Sep 24-Nov 26 6:30 pm-7:30 pm \$55/\$65  
Location: Rockville Sr. Ctr./Latchinian

## Nia - Movement/Fitness ♥

Nia is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

No class 11/14 & 11/21  
Age: 16+  
22691 W Sep 19-Nov 28 6:30 pm-7:45 pm \$67/\$79  
Location: Rockville Sr. Ctr./Liss

## Pilates ♥

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

Age: 16+  
**Beginner**  
22777 W Sep 19-Nov 7 6:30 pm-7:30 pm \$85/\$100  
**Intermediate**  
22776 W Sep 19-Nov 7 7:30 pm-8:30 pm \$85/\$100  
Location: Twinbrook CRC/Doong

## Self-Defense for Women ♥

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense.

Age: 15+  
22780 Tu Sep 25-Nov 27 7:30 pm-8:30 pm \$50/\$59  
Location: World Karate Masters/Latchinian



## Find a mistake?

It is our policy to include something for everyone.

Since some people like to find errors, we regularly include a few in our publications to meet this need.

# Adult

## Slimnastics ♥

Shape up and increase your flexibility and muscles with well-planned isotonic exercises designed to maintain fitness, improve muscle strength and reduce sports injuries. No running or jumping. Bring a mat. If participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

Age: 15+  
22783 M Sep 10-Dec 10 10 am-11 am \$76/\$87  
Location: F. Scott Fitzgerald/Creamer

22786 W Sep 12-Dec 12 10 am-11 am \$76/\$87  
Location: F. Scott Fitzgerald/Creamer

No class 11/23  
22785 F Sep 14-Dec 7 10 am-11 am \$71/\$82  
Location: F. Scott Fitzgerald/Creamer

No class 11/22  
22784 Th Sep 20-Dec 13 6:30 pm-7:30 pm \$65/\$75  
Location: Elwood Smith RC & Pk./Creamer

## Step Interval ♥

Enjoy an invigorating low impact workout using a step platform (provided) and a variety of strength training exercises to improve your body toning and overall fitness level. Bring a water bottle and personal weights to class. All levels welcome.

Age: 16+  
22794 Th Sep 20-Nov 15 6:15 pm-7:15 pm \$49/\$58  
Location: Twinbrook CRC/TBA

## Tae Kwon Do ♥

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do.

No class 11/22  
Age: 15+  
22800 Th Sep 27-Dec 6 8 pm-9 pm \$50/\$59  
Location: World Karate Masters/Latchinian

## T'ai Chi Ch'uan ♥

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

No class 11/6  
Age: 18+  
22797 Tu Oct 2-Dec 11 7 pm-8 pm \$63/\$74  
Location: Julius West MS/Lamb



Rockville Sister City Corporation

presents

## 4th Annual Fall Wine Tasting Social

featuring Red and White Wines  
from the Pacific Northwest

Rockville Senior Center  
Carnation Room

Friday, November 2  
7:30-9:30 p.m.

Admission Fee: \$25 RSCC members  
\$30 non members

Refreshing appetizers will complement  
flavors of the wines.

For more information call 240-314-5029



# Adults

## Yoga - Basic Flow for Beginners ♥

Enjoy a meditation-in-motion and heat-building style of yoga that increases strength and flexibility and encourages purification of body and mind. Practice poses and breathing through steady and flowing sequences. Bring mat.

Age: 16+

22710 Tu Sep 25-Nov 27 4:30 pm-5:45 pm \$99/\$125

Location: Thrive Yoga/Bowen

## Yoga - Beginner/Cont. ♥

Through conscious breath, flow of movement, alignment, visualization and relaxation, learn how to build strength, endurance and flexibility as you flow through Sun Salutations, standing and seated asana. Appropriate for Beginner and Intermediate students of all ages. Bring a sticky mat and small blanket to class. Note: Those with injuries should consult a physician prior to registration.

No class 11/6

Age: 13+

22711 Tu Sep 18-Dec 11 6:30 pm-7:45 pm \$144/\$159

Location: Twinbrook CRC/Smith

## Yoga - Candlelight Restorative ♥

An opportunity to be still and let go! A slow, deep stretch class that uses props to support the body in order to deepen the benefits of yoga poses. Both soothing and nurturing, this class is for those who want to open to new levels of flexibility and deep breathing while practicing conscious relaxation.

Age: 16+

22712 F Sep 28-Nov 30 6:30 pm-8 pm \$99/\$125

Location: Thrive Yoga/Bowen

## Yoga - Gentle Hatha - Beginner/Cont. ♥

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a yoga strap (or bathrobe tie), a foam yoga block and a woven blanket to class.

No class 11/22

Age: 16+

22713 Th Sep 20-Dec 13 7:30 pm-8:45 pm \$144/\$159

Location: Rockville Sr. Ctr./Dodson

## Yoga - Pre-Natal/Post-Natal ♥

Appropriate for any trimester or new Moms. Designed to increase your energy and stamina while building strength, flexibility and balance. Breathing techniques and gentle stretches are used to reduce fatigue and tension while also improving circulation to help you feel more comfortable, relaxed and fit throughout your pregnancy. Connect with other Moms and Moms-to-be in a supportive environment!

Age: 18+

22850 Sa Sep 29-Dec 1 4 pm-5:15 pm \$109/\$125

Location: Thrive Yoga/Staff

## Yoga - Strength, Wholeness & Health ♥

Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket to class.

No class 11/6

Age: 16+

22714 Tu Sep 18-Nov 27 7 pm-8:15 pm \$99/\$109

Location: Elwood Smith RC & Pk./Ruffieux

## Yoga-lates ♥

Join us and experience the core strengthening exercises of Pilates combined with Yoga postures. This will give you a terrific energizing workout. Challenging class for all levels. Bring a mat and a towel to class.

Age: 16+

22715 M Sep 17-Nov 5 8 pm-9 pm \$72/\$85

Location: Rockville Sr. Ctr./Principe

22716 W Sep 19-Nov 7 8 pm-9 pm \$72/\$85

Location: Lakewood ES/Principe



# Adults

## Sports & Leagues

### Fencing ♥

Designed to expose beginners to the Olympic sport of fencing. Course emphasizes safety and proper technique. Equipment provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Foil swords are used which are designed to flex.

Age: 14+  
22751 Sa Sep 8-Nov 17 2 pm-3:20 pm \$140/\$156  
Location: Rockville Ice Arena

22752 Tu Sep 11-Nov 13 7 pm-8:20 pm \$140/\$156  
Location: Rockville Fencing Academy

### Tennis for Adults - Beginner ♥

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring taught. Bring racquet; balls are provided. Call weather line, 240-314-5023 for class status.

Age: 16+  
22804 M Sep 17-Oct 15 6 pm-6:50 pm \$54/\$64  
Location: Twinbrook CRC/Levine

23454 W Sep 19-Oct 17 6 pm-6:50 pm \$54/\$64  
Location: Dogwood Pk.

### Tennis for Adults - Novice ♥

For players who have a fundamental knowledge of tennis and familiar with grips and strokes but has difficulty sustaining a rally. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Bring a racquet and one can of balls. Call weather line at 240-314-5023 for status of class.

No class 9/22

Age: 16+  
22807 Sa Sep 15-Oct 20 11 am-11:50 am \$54/\$64  
Location: Montrose CC & Pk/Ruiz

23453 Sa Sep 15-Oct 20 10:30 -11:20 am \$54/\$64  
Location: King Farm Pk./Parish

### Tennis for Adults - Intermediate ♥

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy are taught. (NTRP Rating 3.0-3.5) Bring racquet; balls are provided. Call weather line, 240-314-5023 for class status.

Age: 16+  
22805 M Sep 17-Oct 15 7 pm-7:50 pm \$54/\$64  
Location: Twinbrook CRC/Levine

22806 W Sep 19-Oct 17 7 pm-7:50 pm \$54/\$64  
Location: Dogwood Pk.

## WALK Rockville

People who are seeking ways to become more active often overlook the most basic of all exercise . . . walking! It's easy, convenient and free. We have designed 14 walking paths to help you get started.

### EASY AS 1-2-3

1. Explore your own neighborhood or pick a Walk Rockville path.
2. Keep track of the number of steps or miles you've walked. (Log sheets provided)
3. Submit your total miles or steps walked.



Visit [www.rockvillemd.gov/stepup](http://www.rockvillemd.gov/stepup) for details or call 240-314-8620

### WALK Rockville Starter Kit Includes:

- Pedometer • Log Sheets
- Tee Shirt • Water Bottle
- Maps • Fitness Information

Starter kit costs \$10. Available at Rockville City Hall, Twinbrook Community Recreation Center, Lincoln Park Community Recreation Center, Rockville Municipal Swim Center and Rockville Senior Center.

# Adults

## Trips

Registration for trips begins upon receipt of our Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. If you are unsure of your abilities, need tips on how to dress, or have any other questions, please call our Outdoor Recreation Programs staff at 240-314-8641. Note: Participants under 18 years of age must be accompanied by an adult.

### Women on the Move ♥

If you are a woman over age 30 and would like to participate in activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, trips are offered to geared toward novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8627.

### Flying Trapeze School

Here is a new and exciting activity to try! Trapeze School of New York (TSNY) has come to Baltimore and offers a 2-hour introductory class for beginners where you actually fly! The magic of flying (with the aid of ropes, nets and helping hands) is a thrill that is unmatched. Anyone can participate, but keep in mind this is a physical activity and you will be sore following the class. The class lasts from 3:30-5:30 PM, and following the class we will stop for a snack and share stories at a local pub in the Inner Harbor. Registration is limited to 9 people. Cost includes transportation, class fees and leadership. Register by 9/6.

Age: 30+

22994 Su Sep 16 1 pm-8 pm \$59/\$74  
Depart From: Rockville City Hall

### Ride and Relax in Berkley Springs

Enjoy the Fall colors as you take a 2-hour trail ride near Berkley Springs, West Virginia. After the ride spend the afternoon enjoying lunch, antique and craft shopping, or treat yourself to one of the spa treatments at Berkley Springs State Park. Cost includes transportation, trail ride, and leadership. Lunch and additional activities are on your own. Register by 10/16.

22997 Su Nov 4 8 am-6 pm \$59/\$74  
Depart From: Rockville City Hall



## 50<sup>th</sup> Anniversary Celebration

**Rockville-Pinneberg Sister City**

**Sunday, October 7, 2007**

Rockville Town Center

6:30 p.m.

Performance by

**Fabulous Hubcaps**

Tickets available at Rockville City Hall

**Meet our Friends  
from Pinneberg . . .**

(Open to Public – Free)

**Wednesday, October 3**

**Official Welcome**

F. Scott Fitzgerald Theatre – 6 pm

**Mayor & Council Reception**

Glenview Mansion – 8 pm

**Friday, October 5**

**Dedication of Sister City Plaque**

Rockville Town Center

**For more information call 240-314-5029**